

Spinach and Feta Breakfast Tacos

(From the Goldring Center for Culinary Medicine, as taught to UC Irvine medical students)



Ingredients

1 teaspoon olive oil	Black pepper to taste
¼ onion julienned (cut into short, thin strips)	1 cup washed, chopped spinach
½ red bell pepper julienned	1 tablespoon crumbled feta cheese
3 large eggs	4 corn tortillas
1 teaspoon chopped fresh oregano, thyme or parsley	2 tablespoons salsa (optional)
1/8 teaspoon kosher salt	

Directions

Gather all ingredients and equipment (knife, cutting board, mixing bowl, whisk or fork, medium sized sauté pan with lid, heat-resistant spatula)

Place sauté pan on stove over medium heat. Once heated, add the oil.

When the oil is hot, add the onion and cook for about 5 minutes until it begins to brown and caramelize, stirring every minute or so. If the onions are getting too dark or burned around the edges, reduce the heat.

When the onions begin to brown, add the red pepper strips. Continue sautéing, stirring frequently, until the pepper begins to soften — about 3 more minutes.

While cooking the pepper and onion, break the eggs into a bowl and mix with a whisk or fork until lightly frothy.

Add the fresh herbs, salt, pepper and spinach into the egg mixture

Once the red pepper is soft, pour the egg mixture into hot pan. Fold occasionally with a heat-resistant spatula. If egg begins turning brown, reduce heat. Do not over-stir, which will result in an egg that isn't fluffy.

Once egg is almost cooked through (not runny), turn off heat. Sprinkle the cheese over the top of the eggs and vegetables, cover with lid or foil and let sit for about 1 minute to warm.

While the cheese is warming, warm the tortillas.

Distribute the filling among the tortillas, wrap and enjoy immediately. Top with salsa if you choose.

Nutritional Information

Servings: 2 (of 2 tacos each)

270 calories	29 g carb
13 g protein	4 g fiber
11 g fat	330 mg sodium

